

National Counter Terrorism Centre

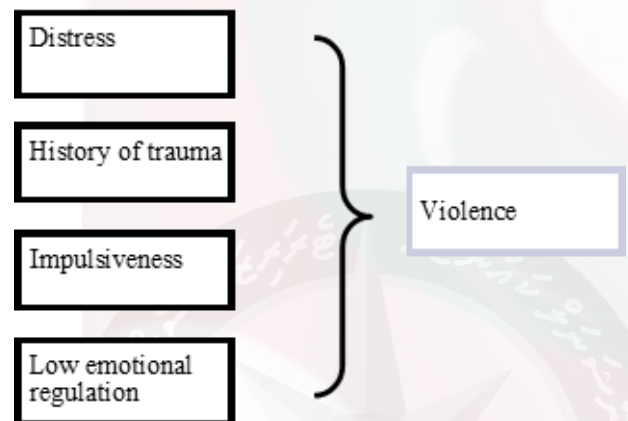


NCTC Newsletter - Volume 70: January 2024

CORRELATION BETWEEN DISTRESS TOLERANCE AND VIOLENCE IN ADOLESCENTS



Distress tolerance is a person's ability to manage and cope with unpleasant emotions and stress in a healthy way. A lack of distress tolerance in adolescence has been linked to higher levels of violence. Adolescence is a period of major psychological, emotional, and physical development. During this time, adolescents may experience heightened stress and unpleasant emotions, and a lack of emotional management skills can lead to violent behaviour. Low distress tolerance can also be associated with a range of other factors, such as impulsiveness, a history of trauma, and exposure to violence.



According to research, adolescents with low distress tolerance are more likely to engage in high-risk behaviours such as substance abuse and risky sexual behaviour, which can increase their vulnerability to physical aggression and violent behaviour as a coping mechanism for their

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emotions.

Improving teenagers' distress tolerance can result in a number of benefits, including improved mental health, stronger relationships, and better academic performance.

Here are some ways that can help adolescents enhance their distress tolerance:



- **Mindfulness:** mindfulness can help adolescents become more aware of their thoughts and feelings, reducing the likelihood of impulsively acting on negative emotions. Encouraging adolescents to focus on the present moment through practices such as deep breathing can help them learn to tolerate distressing thoughts and emotions.



- **Cognitive restructuring:** This involves teaching adolescents to challenge negative or irrational thoughts and replace them with more balanced and realistic ones. This can help them better manage their emotions and respond to stress in a more healthy and effective manner.



- **Distraction techniques:** Encouraging adolescents to engage in activities that distract them from distressing thoughts and emotions, such as exercise, hobbies, or socializing with friends, can help them tolerate distressing experiences.

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Interagency Collaborations

02 January 2024

NCTC held an introductory meeting with the Commissioner General of Customs. During the meeting, areas of mutual concern and avenues for cooperation were discussed. Maldives Customs Service is a crucial partner in NCTC's ongoing efforts to strengthen information sharing and promote inter-agency cooperation.



03 January 2024

NCTC held an introductory meeting with the Minister of Cities, Local Government and Public Works. This meeting marked an important step towards fostering collaboration between NCTC and local councils to effectively and successfully conduct programs across the Maldives. NCTC is eager to further enhance its collaboration with the Ministry and its bodies to reach the maximum target audience during awareness and outreach programs.



03 January 2024

NCTC held an introductory meeting with the Minister of Islamic Affairs. NCTC and the ministry have been working together to address radicalization and extremism in Maldives, and this meeting marked a significant step forward in that direction. During the meeting potential areas for further collaboration were discussed including conducting joint programs, providing facilitators and capacity building. Together with the Ministry, NCTC aims to build more peaceful Maldivian communities.



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Interagency Collaborations

04 January 2024

NCTC held an introductory meeting with the Commissioner of Prisons. This meeting marked an important step towards addressing radicalization and extremism in the prisons. Maldives Correctional Service and NCTC discussed potential areas for collaboration to mitigate challenges faced in the prisons and rehabilitation centres. Together with the Maldives Correctional Service, NCTC aims to strengthen the rehabilitation and reintegration of offenders.



14 January 2024

NCTC held an introductory meeting with the Prosecutor General. During the meeting, areas of mutual concern and areas for collaboration were discussed. Prosecutor General's Office and NCTC discussed strengthening the follow-up mechanism for cases. Both parties agreed on the importance on sharing lessons learnt and areas for improvement among all relevant agencies in order to promote 'whole of nation' approach.



25 January 2024

NCTC held an introductory meeting with Minister of Tourism. During the meeting, areas of mutual concern and potential areas for collaboration were discussed. Together with the Ministry, NCTC aims to secure the tourism industry and ensure Maldives remains a safe destination for all visitors.



Patriotism, Islam and National Heroes

29 January 2024



Partnering with the Ministry of Education, Ministry of Islamic Affairs, MNDF and Dharumavantha School, NCTC organized a stimulating session for students in grades 8 and 9. The purpose of this programme, was to delve into the intersection of patriotism and Islam and national heroes. By sparking critical thinking, session one encouraged students to consider how

to cultivate love and reverence for Maldivian national values from a religious standpoint.

Session two, aimed at instilling a strong sense of national pride in the students. Through inspiring discussions, the students were reminded to honor and uphold the legacy of their forefathers and heroes, who played a vital role in shaping the independent nation of the Maldives. It was an enlightening and valuable experience for all.



“Bravery is one of humanity’s most admirable trait as it symbolizes courage, resilience & willingness to face challenges head-on. It’s a quality that inspires others & signifies ability to confront fears & overcome obstacles.”

@SawabCenter

Love for Dhivehi Language and Patriotism

31 January 2024



In partnership with the Ministry of Education, National Counter Terrorism Centre, and the Ministry of Language and Heritage, a dynamic session for grade 6 and 7 students was held at Izzudhdheen School to foster a sense of patriotism and appreciation for Islam among students. Through

an engaging discussion, students gained insight on the evolution of local language and its powerful impact on today's society. The esteemed Deputy Minister for Language and Heritage, Ms. Alfasila Aishath Shimla, skillfully led the session with her expertise.

How can we strengthen intellectual security for students?

1

By instilling the values of citizenship.

2

By using students' skills in addressing new challenges.

3

By protecting students from the negative effects of cultural and technological change.

4

By publishing and teaching research that focuses on rectifying misconceptions.

5

By engaging students on diverse intellectual issues and helping them solve social problems.

@imctc_en

Embracing Hope



In the tumultuous landscape of our world, where the specter of terrorism casts a long and dark shadow over the lives of millions, it is all too easy to overlook those who bear the deepest scars of this scourge: the victims. Among them are individuals, including innocent children, who have been forcefully taken to war zones against their will, subjected to unimaginable physical and psychological trauma, and left to navigate the painful journey of recovery in the aftermath of unspeakable violence, without any hope of returning back to civilization.

As a nation, we stand at a critical juncture, where our collective response to the plight of these survivors will shape the course of our future. It is not merely a matter of legal obligation, but a moral imperative rooted in our shared national identity—a call to action that demands empathy, compassion, and unwavering commitment to justice and healing. It is hope that unites us all for a stronger and brighter future.

The road to rehabilitation and reintegration is fraught with challenges, yet it is a path that we must tread with courage and conviction. It is a journey that begins with acknowledging the profound suffering endured by victims of terrorism

and extends to providing them with the support and resources they need to rebuild their shattered lives. Only by recovering and healing together can we achieve the vision of society that we so desire, where every individual is valued and respected.

At its heart, rehabilitation is about restoring dignity, empowering individuals to reclaim their sense of agency, and equipping them with the tools they need to overcome the psychological, social, and economic barriers that stand in their way. It is a multifaceted process that requires a holistic approach—one that addresses not only the immediate physical needs of survivors, but also the deep-seated trauma and emotional scars that may linger long after the physical wounds have healed.

Central to the success of this endeavor is the need to challenge the stigma and misconceptions that often surround victims of terrorism. Too often, they are unfairly labeled and marginalized by society, forced to bear the burden of collective suspicion and distrust. It is incumbent upon us, as a society, to reject such prejudice and instead extend a hand of compassion and solidarity to those who have suffered the consequences of extremism.

Yet, building a culture of acceptance and empathy requires more than just words—it demands concerted action and unwavering commitment from all segments of society. It requires us to invest in comprehensive awareness campaigns, education initiatives, and community outreach programs aimed at debunking myths, dispelling stereotypes, and fostering a culture of inclusivity and understanding.

It requires us to listen to the voices of survivors, to honor their stories of resilience, and to amplify their calls for justice and healing. It requires us to

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provide them with the support and resources they need to rebuild their lives and reclaim their rightful place in society.

As we embark on this journey of rehabilitation and reintegration, let us be guided by the fundamental belief that every individual has the right to dignity, respect, and a second chance at life. Let us stand in solidarity with victims of terrorism, offering them not only our support but also our unwavering commitment to justice, healing, and reconciliation.

In doing so, we not only honor the resilience of survivors but also reaffirm our collective humanity and our shared commitment to building a future where the scars of the past serve as a testament to our strength, resilience, and unwavering resolve to overcome adversity.

Together, let us embrace hope as our most powerful weapon against the forces of hatred and division. Let us nurture it, let it guide us, and let it inspire us to create a brighter, more inclusive future for all.



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